



## Easy Bariatric Meal Plan

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[Sheri Burke](#)

<http://international-patient-facilitators.com>

I know that meal-planning can be overwhelming. Doesn't have to be.....

Who says we can't repeat meals? This eliminates food waste and it's a great way to spend LESS time in the kitchen.

All the portions here are measured out with the "smaller bariatric tummy" in mind.

The meals included here are all high protein and low in carbohydrates.

I prepared this meal plan with a bit of intermittent fasting in mind. Who says we need to "break our fast" at 8am sharp? I personally don't eat before noon. Sometimes I go for eggs but often I open my eating window with a protein salad.

The caloric intake in this meal plan is low. Why? I want you to choose a healthy snack to add to this meal plan. You have the space to do so.





















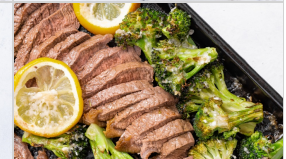
If you follow my 7 day meal plan, you will be happy you did. Adios to all those sugar cravings. See ya later "swollen gut". Buh Bye mid-afternoon sluggishness.

Healthy Hugs,

Sheri Burke RHN

Your friendly neighbourhood bariatric nutritionist.



|        | Mon   | Tue   | Wed   | Thu  | Fri   | Sat   | Sun  |
|--------|---|---|---|--|---|---|--|
| Meal 1 | <br>Eggs & Avocado Snack Box             | <br>Eggs & Avocado Snack Box             | <br>Eggs & Avocado Snack Box     | <br>Sheri's Chili Lime Chicken Salad Jar | <br>Sheri's Chili Lime Chicken Salad Jar | <br>Sheri's Chili Lime Chicken Salad Jar | <br>Greek Tomato & Feta Omelette      |
| Meal 2 | <br>Cottage Cheese with Blueberries copy | <br>Cottage Cheese with Blueberries copy | <br>Turkey & Cabbage Rolls       | <br>Turkey & Cabbage Rolls               | <br>Tuna Salad Plate copy                | <br>Tuna Salad Plate copy                | <br>Tuna Salad Plate copy             |
| Meal 3 | <br>Sheri's Tahini Chopped Salad         | <br>Sheri's Tahini Chopped Salad         | <br>Sheri's Tahini Chopped Salad | <br>Cheeseburger Salad                   | <br>Cheeseburger Salad                   | <br>One Pan Steak Fajitas                | <br>One Pan Steak & Parmesan Broccoli |

| Mon      |                            | Tue      |                            | Wed      |                            | Thu      |                            | Fri      |                            | Sat      |                            | Sun      |                            |
|----------|----------------------------|----------|----------------------------|----------|----------------------------|----------|----------------------------|----------|----------------------------|----------|----------------------------|----------|----------------------------|
| Fat      | <div><div></div></div> 50% | Fat      | <div><div></div></div> 50% | Fat      | <div><div></div></div> 51% | Fat      | <div><div></div></div> 57% | Fat      | <div><div></div></div> 59% | Fat      | <div><div></div></div> 49% | Fat      | <div><div></div></div> 59% |
| Carbs    | <div><div></div></div> 17% | Carbs    | <div><div></div></div> 17% | Carbs    | <div><div></div></div> 16% | Carbs    | <div><div></div></div> 10% | Carbs    | <div><div></div></div> 11% | Carbs    | <div><div></div></div> 18% | Carbs    | <div><div></div></div> 12% |
| Protein  | <div><div></div></div> 33% | Protein  | <div><div></div></div> 33% | Protein  | <div><div></div></div> 33% | Protein  | <div><div></div></div> 33% | Protein  | <div><div></div></div> 30% | Protein  | <div><div></div></div> 33% | Protein  | <div><div></div></div> 29% |
| Calories | 658                        | Calories | 658                        | Calories | 635                        | Calories | 703                        | Calories | 873                        | Calories | 792                        | Calories | 734                        |
| Fat      | 38g                        | Fat      | 38g                        | Fat      | 37g                        | Fat      | 45g                        | Fat      | 58g                        | Fat      | 44g                        | Fat      | 49g                        |
| Carbs    | 29g                        | Carbs    | 29g                        | Carbs    | 27g                        | Carbs    | 17g                        | Carbs    | 24g                        | Carbs    | 37g                        | Carbs    | 23g                        |
| Fiber    | 9g                         | Fiber    | 9g                         | Fiber    | 9g                         | Fiber    | 4g                         | Fiber    | 11g                        | Fiber    | 14g                        | Fiber    | 10g                        |
| Sugar    | 12g                        | Sugar    | 12g                        | Sugar    | 9g                         | Sugar    | 8g                         | Sugar    | 7g                         | Sugar    | 13g                        | Sugar    | 3g                         |
| Protein  | 56g                        | Protein  | 56g                        | Protein  | 54g                        | Protein  | 58g                        | Protein  | 67g                        | Protein  | 67g                        | Protein  | 54g                        |

### Fruits

- ☐ 2 1/4 Avocado
- ☐ 1/2 cup Blueberries
- ☐ 1/4 Lemon
- ☐ 1 1/2 Lime

### Seeds, Nuts & Spices

- ☐ 1 1/2 tsp Chili Powder
- ☐ 1/8 tsp Cumin
- ☐ 1/3 tsp Garlic Powder
- ☐ 1 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 tsp Smoked Paprika

### Vegetables

- ☐ 1 1/2 cups Baby Spinach
- ☐ 1/2 head Boston Lettuce
- ☐ 1 1/4 cups Broccoli
- ☐ 3/4 Carrot
- ☐ 1 1/4 cups Cherry Tomatoes
- ☐ 3 tbsps Chives
- ☐ 3 tbsps Cilantro
- ☐ 3 Cucumber
- ☐ 1/4 head Iceberg Lettuce
- ☐ 1/4 Orange Bell Pepper
- ☐ 1 1/2 tsp Parsley
- ☐ 1 cup Purple Cabbage
- ☐ 1 3/4 Red Bell Pepper
- ☐ 2 tbsps Red Onion
- ☐ 3/4 head Romaine Hearts
- ☐ 1/4 Sweet Onion
- ☐ 1 Tomato

### Boxed & Canned

- ☐ 1 1/2 cans Tuna

### Bread, Fish, Meat & Cheese

- ☐ 4 ozs Cheddar Cheese
- ☐ 12 ozs Chicken Breast
- ☐ 9 ozs Chicken Breast, Cooked
- ☐ 6 ozs Extra Lean Ground Beef
- ☐ 1 tbsp Feta Cheese
- ☐ 3 ozs Flank Steak
- ☐ 1 tbsp Parmigiano Reggiano
- ☐ 4 ozs Sliced Turkey Breast
- ☐ 3 ozs Top Sirloin Steak

### Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 3 tbsps Avocado Oil
- ☐ 1/2 tsp Coconut Oil
- ☐ 1 tsp Extra Virgin Olive Oil
- ☐ 2 1/3 tbsps Mayonnaise
- ☐ 2 tbsps Pickle
- ☐ 1 tbsp Pitted Kalamata Olives
- ☐ 3 tbsps Tahini
- ☐ 1 tsp Yellow Mustard

### Cold

- ☐ 1 cup Cottage Cheese
- ☐ 5 Egg
- ☐ 3/4 cup Unsweetened Greek Yogurt

### Other

- ☐ 1/3 cup Water



## Eggs & Avocado Snack Box

1 serving

15 minutes

### Ingredients

- 1 Egg
- 1/4 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 1 oz Cheddar Cheese (cubed)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 281 |
| Fat                | 22g |
| Carbs              | 9g  |
| Fiber              | 4g  |
| Sugar              | 2g  |
| Protein            | 14g |

### Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



## Sheri's Chili Lime Chicken Salad Jar

1 serving  
50 minutes

### Ingredients

4 ozs Chicken Breast (boneless, skinless)  
1 tbsp Avocado Oil (divided)  
1/4 tsp Chili Powder  
1/4 tsp Smoked Paprika  
1/8 tsp Garlic Powder  
1/8 tsp Sea Salt  
1/4 Red Bell Pepper (finely chopped)  
1/4 cup Cherry Tomatoes (chopped)  
1/2 Lime (juiced)  
1 tbsp Cilantro (finely chopped)  
1/2 cup Baby Spinach

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 288 |
| Fat                | 17g |
| Carbs              | 7g  |
| Fiber              | 2g  |
| Sugar              | 3g  |
| Protein            | 27g |

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Place chicken breast in a baking dish. Drizzle with half of the oil and season with chili powder, paprika, garlic, and salt. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let it rest for at least 10 to 15 minutes. Cut the rested chicken into 1/2-inch cubes and allow it to cool completely.
- 3 Meanwhile, add the bell pepper and tomatoes to a bowl with the lime juice, cilantro, and the remaining oil. Stir to combine.
- 4 Add the peppers, tomatoes and dressing to your jar then add the cooled chicken and spinach. Place the lid on the jar and store in the refrigerator.
- 5 To serve, dump the contents of the jar into a bowl. Enjoy!

### Notes

**Leftovers:** Refrigerate jars for up to three days.

**More Flavor:** Add onion and garlic to the peppers and tomatoes. Add chipotle chili powder, cumin, onion powder or cayenne pepper to the chicken seasoning.

**Additional Toppings:** Avocado, sliced jalapenos, green onions and extra cilantro.

**Meal Prep:** Make the chicken in advance to save time.





## Greek Tomato & Feta Omelette

1 serving

5 minutes

### Ingredients

2 Egg  
 Sea Salt & Black Pepper (to taste)  
 1/2 tsp Extra Virgin Olive Oil  
 1 Tomato (small, chopped, seeds removed)  
 1 tbsp Pitted Kalamata Olives (chopped)  
 1 tbsp Feta Cheese (crumbled)  
 1 1/2 tsps Parsley (chopped)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 216 |
| Fat                | 15g |
| Carbs              | 5g  |
| Fiber              | 1g  |
| Sugar              | 0g  |
| Protein            | 15g |

### Directions

- 1 In a small bowl, whisk the eggs with a fork and season with salt and pepper. Set aside.
- 2 Heat a small skillet over medium heat and add the oil. Pour in the egg mixture and cook until almost set. Place the chopped tomato, olives, and feta on one half of the omelette and fold the other half over top. Remove from heat and top with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Omit the feta, or use a vegan cheese.

**More Flavor:** Add chili flakes.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk.





## Cottage Cheese with Blueberries copy

1 serving

5 minutes

### Ingredients

1/2 cup Cottage Cheese  
1/4 cup Blueberries (fresh or frozen)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 124 |
| Fat                | 5g  |
| Carbs              | 9g  |
| Fiber              | 1g  |
| Sugar              | 6g  |
| Protein            | 12g |

### Directions

1

Divide the cottage cheese and blueberries into bowls or storage containers.  
Enjoy!

### Notes

**Make It Sweet:** Drizzle honey or maple syrup overtop.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.



## Turkey & Cabbage Rolls

1 serving

10 minutes

### Ingredients

1/2 cup Purple Cabbage (leaves pulled apart)  
2 ozs Sliced Turkey Breast  
1/4 Cucumber (medium, sliced)  
1/2 tsp Mayonnaise

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 101 |
| Fat                | 4g  |
| Carbs              | 7g  |
| Fiber              | 1g  |
| Sugar              | 3g  |
| Protein            | 10g |

### Directions

- 1 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.



## Tuna Salad Plate copy

1 serving

5 minutes

### Ingredients

- 1/2 can Tuna (drained, broken into chunks)
- 1/2 Avocado (pit removed)
- 1/4 cup Unsweetened Greek Yogurt
- 1/4 Cucumber (sliced)
- 1/4 tsp Sea Salt

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 271 |
| Fat                | 17g |
| Carbs              | 14g |
| Fiber              | 8g  |
| Sugar              | 2g  |
| Protein            | 19g |

### Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add pepper, paprika and/or lemon juice.

**Additional Toppings:** Top with sliced green onions, red onion or red pepper flakes.

**No Tuna:** Use sardines or salmon instead.

**No Coconut Yogurt:** Use mayonnaise or Greek yogurt instead.





## Sheri's Tahini Chopped Salad

1 serving  
10 minutes

### Ingredients

1 tbsp Tahini  
2 tbsps Water  
1 tbsp Chives  
Sea Salt & Black Pepper  
1/4 head Romaine Hearts (chopped)  
1/4 Cucumber (medium, chopped)  
1/4 Carrot (medium, peeled and chopped)  
1/4 Red Bell Pepper (medium, chopped)  
1/4 cup Broccoli (chopped)  
3 ozs Chicken Breast, Cooked (chopped)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 253 |
| Fat                | 11g |
| Carbs              | 11g |
| Fiber              | 4g  |
| Sugar              | 4g  |
| Protein            | 30g |

### Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

**Additional Toppings:** Add other chopped veggies or fresh herbs.

**No Cooked Chicken:** Use cooked shrimp, salmon, or tofu instead.

**No Chives:** Use fresh parsley instead.



## Cheeseburger Salad

1 serving  
15 minutes

### Ingredients

3 ozs Extra Lean Ground Beef  
Sea Salt & Black Pepper (to taste)  
1 tbsp Mayonnaise  
1 1/2 tsps Apple Cider Vinegar  
1/2 tsp Yellow Mustard  
1/4 head Boston Lettuce  
1/4 cup Cherry Tomatoes (halved)  
1/2 oz Cheddar Cheese (shredded)  
1 tbsp Red Onion (diced)  
1 tbsp Pickle (chopped)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 314 |
| Fat                | 24g |
| Carbs              | 3g  |
| Fiber              | 1g  |
| Sugar              | 2g  |
| Protein            | 21g |

### Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Serving Size:** One serving equals approximately four cups.

**Dairy-Free:** Use vegan cheese instead of cheddar.

**More Flavor:** Add garlic to the ground beef.

**Additional Toppings:** Add sliced green onions.





## One Pan Steak Fajitas

1 serving  
20 minutes

### Ingredients

3/4 tsp Chili Powder  
1/8 tsp Cumin  
1/8 tsp Sea Salt  
1/4 Red Bell Pepper (medium, sliced)  
1/4 Orange Bell Pepper (medium, sliced)  
1/4 Sweet Onion (medium, sliced)  
3 ozs Flank Steak (sliced)  
1/2 tsp Extra Virgin Olive Oil  
1/4 head Iceberg Lettuce (small, leaves pulled apart)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 233 |
| Fat                | 10g |
| Carbs              | 16g |
| Fiber              | 4g  |
| Sugar              | 8g  |
| Protein            | 21g |

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three fajitas.

**More Flavor:** Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

**Additional Toppings:** Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.





## One Pan Steak & Parmesan Broccoli

1 serving

15 minutes

### Ingredients

3 ozs Top Sirloin Steak  
 1/2 cup Broccoli (chopped into florets)  
 1/2 tsp Coconut Oil (melted)  
 Sea Salt & Black Pepper (to taste)  
 1/4 Lemon (sliced)  
 1 tbsp Parmigiano Reggiano

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 247 |
| Fat                | 17g |
| Carbs              | 4g  |
| Fiber              | 1g  |
| Sugar              | 1g  |
| Protein            | 20g |

### Directions

- 1 Preheat the oven to broil.
- 2 Arrange the steak and broccoli florets onto a baking sheet. Coat in oil and season with salt and pepper. Arrange the lemon slices over top. Broil for about eight minutes, flipping the steaks and broccoli halfway.
- 3 Remove from the oven and sprinkle parmesan over the broccoli. Broil until the cheese is melted and the broccoli is golden brown, about one to two minutes. Slice the steak and divide onto plates with the parmesan broccoli. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use vegan cheese instead of parmesan or omit completely.

**More Flavor:** Add your choice of herbs and spices.

**Additional Toppings:** Serve with sweet potatoes, cauliflower mash, brown rice, mixed greens, or quinoa.